

Green Beans and Potatoes

Green beans and potatoes are a delicious side dish. A tablespoon of butter, or bacon grease, increases the flavor. This can be a wonderful, fresh from the garden side dish. Potatoes can be baked with their skin on or off. Red potatoes are a good choice, as are other tiny potatoes from the first potato dig of the year. If cooked on top of the stove, it needs to simmer for about 30 minutes, stirring every ten minutes. Green beans and potatoes can be grilled in an aluminum grill safe pan, or grill packet. See grilled green beans for more details.

Pre Cook Preparation:

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Frozen or canned vegetables can be use.
- Grow as bush beans in a raised garden, or as vine on a trellis
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Use sliced, or diced potatoes, instead of whole potatoes

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Bacon Bits
- Butter (lactose)
- Green Beans
- Ham
- Mushrooms
- Pepper
- Spices

Meatless Preparation Avoid:

- Bacon bits
- Butter
- Ham
- Substitute with: _____

Utensils:

- Pot holders
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:**Meat:****Optional:**

1/4 cup of bacon bits, or
1/4 cup of ham

Vegetables:

15 ounces of green beans
5 small new potatoes

Other ingredients:

1 tablespoon of butter
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Add to 2.5 quart oven safe pan with lid:
1/4 cup of bacon bits, or
1/4 cup of ham
1 tablespoon of butter
15 ounces of green beans
5 small new potatoes
Dash of salt
Spices, such as pepper, to taste
2. Cover and place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 4 to 5

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.